



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

COMPARISON OF THREE PLANNING TOOLS FOR MENTAL HEALTH CONSUMERS DHHS Office of Adult Mental Health Services April 2008

	Mental Health Advance Directives	Crisis Plans	WRAP Wellness Recovery Action Plan
Major Purpose	Document that allows consumer to make choices about future mental health treatment in the event that mental illness makes one unable to make decisions (lacks capacity). May include instructions regarding choice of medication, facilities, designation of mental health agent to carry out instructions and other preferences.	Document designed to prevent or minimize escalation of mental health crisis. "Includes a description of possible crisis needs and concrete steps to be taken to prevent or minimize escalation of a crisis by the person who is the subject of the plan, crisis services staff, family members, CSW, ICM, and treatment providers." "Uses persons own words to describe problems and interventions to alleviate a crisis when it occurs."	The plan creates a natural network of community support and may include things a person does every day to stay well and live an enjoyable life. WRAP may contain a list of self-created resources to draw upon if person begins to feel unwell. WRAP may include: daily maintenance list, triggers (with action plan), early warning signs (with action plan), and a crisis and post-crisis plan for a return to wellness.
Who needs to sign the plan?	Consumer and two witnesses	The person and provider assisting the creation of plan	No signature required
Does form include plans for crisis/emergencies?	Yes	Yes	Yes
Legally enforceable?	Yes	No	No
Does plan include wellness information?	Not necessarily	Not necessarily	Yes
When does plan become effective?	Generally, when the person with mental health issues has been determined to "lack capacity" or make decisions for them selves.	Effective once created	No effective date, becomes effective when used.
Can plan be changed or revoked?	Can be changed at any time when person "has capacity" and is able to make judgments. If person is incapacitated, they may not revoke at that time.	At any time	At any time
When does plan expire?	No expiration date, but should be updated regularly.	Crisis service providers are required to develop a crisis plan for any client presenting to them in a crisis who does not already have a formal crisis plan accessible to the crisis service provider.	No expiration date, but should be updated regularly.

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Are witnesses required?	Two witnesses who are: 1. 18 years old or older 2. Not related to consumer 3. Not a provider involved in consumers care 4. Not the mental health agent	No	No
Who should receive copies of the plan?	Copies to the treating physician, agent, and family members or other designated people who should be notified, as specified by consumer.	"The crisis service program will include the crisis plan in the person's case file, and when applicable and possible will share it with the person's CSW, ICM and or other treatment providers if it was developed by the crisis service at the time of most recent crisis."	Each person decides who gets and does not get a copy of their WRAP.

